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LONDON metro®

Derek Schwager • Feb. 9 • Belleville
LOTTO 649

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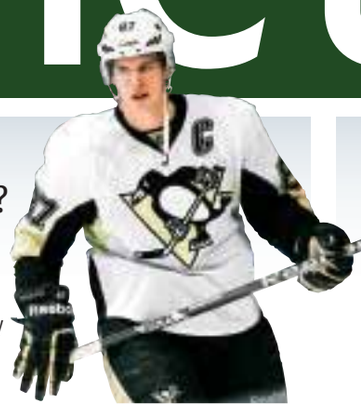
NEWS WORTH SHARING.

DOWN FOR THE COUNT?

FLYING HIGH ON A WINNING STREAK, SIDNEY CROSBY IS TAKEN OUT OF PLAY WITH A BROKEN JAW

PAGE 14

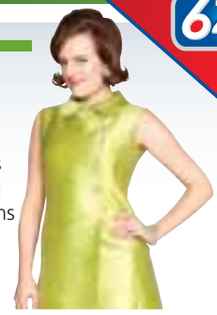


The clipping point

Taking their cue from the TV show Extreme Couponing, two Londoners are fighting hunger with a mess of coupons and an eye on donating $1 million worth of food to the food bank PAGE 4

Not so square Peggy

When last we saw Mad Men's Peggy Olson, she was leaving for another ad agency. But fans needn't worry: She's back for the sixth season, premiering next week PAGE 9



Charges laid in first homicides of the year

Investigation. Two men found dead in west London highrise

MARK SPOWART
london@metronews.ca

A 38-year-old London man stands accused of second-degree murder and committing an indignity to a human body after two men were found dead in a west-end apartment complex.

Jason Cleveland was arrested shortly after police were called to the complex at 85 Fiddlers Green Rd. at about 4:15 p.m. on Saturday. Charges were laid on Sunday.

A look back

- London had seven homicides and nine attempted murders in 2012.
- Since 2000, the most murders in a year was 14, in 2005, while 2000 and 2008 counted the fewest, with two each.

"At this stage of the investigation, there are no outstanding suspects," police said in a statement.

Investigators were seen hauling large blue containers, believed to contain the victims' bodies, from the complex and into a van on Sunday morning. Police have not released a cause or time of death.

Post-mortems are scheduled for early this week. The victims' names have not been released.

Megan Millam, 21, lives in the building — one of three owned and managed by a Toronto company — where the bodies were found.

"I don't know what caused it, but it really smells up there," she said on Sunday. "I didn't know the residents. Everyone is saying they were younger and kept to themselves."

One person speculated that drugs may have been a factor. "Drugs are becoming a real problem here," said a former resident who didn't want to be named.

A London police cruiser parks outside a complex at 85 Fiddlers Green Rd., where police found two men dead in a fourth-floor apartment. Police have released few details about the deaths. MARK SPOWART/FOR METRO

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Four candidates vying for NDP nomination

London West.
Jeff Buchanan making another bid to see his name on ticket

Four New Democrats have thrown their names into the hat in the race to replace London West MPP Chris Bentley.

A final candidate will be chosen in the next six to eight weeks, said John McCullagh, chair of election planning for the NDP in London West.

Jeff Buchanan, the NDP's London West candidate in 2011, is interested in the job, along with Mohamed Salih, Peggy Sattler and Jennifer White, McCullagh said.

Buchanan took about 22 per cent of riding votes in the last election, finishing third behind Bentley and second-place Conservative Ali Chahbar.

Of the four, Sattler is the only candidate to have held an elected post in the past. She has been elected to the Thames Valley school board four times and has been chair twice.

Salih is the youngest at 27. Born in Sudan, he moved to Canada as a child. He works for the Canadian Border Services Agency and is on leave as he prepares his campaign.

White is a professional musician and is a party executive with the Ontario NDP, representing the Southwest region.

The London West seat has been empty since Christ Bentley resigned effective Feb. 14. He had held the post since 2003.

Premier Kathleen Wynne has until August to schedule a byelection in the riding. Everyone, Liberals included, have said they expect she'll wait to see how things go with the budget next month before making the call. MARK SPOWART/FOR METRO

The contenders

The other parties

- Conservative Ali Chahbar has already been chosen to represent his party in the London West byelection.
- The Liberals are still talking to potential candidates, officials said.

Egg-cellent conditions for bunny-tiful amount of Easter treats

Children make a mad dash for candy-filled Easter eggs during the Byron Optimist Club's Saturday egg hunt at Boler Mountain. About 600 kids took part in the event, hunting out some 8,000 eggs scattered across the ski club's slopes. The Optimist Club has organized the hunt each year since 1993. ANGELA MULLINS/METRO

Teachers, province reach tentative agreement

The union representing Ontario's high school teachers has reached a tentative agreement with the province.

Education Minister Liz Sandals said in a statement that agreement has been reached on sick leave, maternity leave, retirement gratuity, unpaid days and local bargaining.

Sandals says the details of the agreement will be shared with members of the Ontario Secondary School Teachers' Federation over the coming days.

She says full details will be released once the union's approval process is complete, but until then a media blackout remains in place.

Sandals says the agreement, in principle, is consistent with the existing collective agreements, while reflecting the ministry's fiscal situation.

The union agreed in late February to "suspend political action" — code for its withdrawal of extracurriculars — sparked by the Liberals' move to impose contracts that froze the wages of most teachers.

"I am pleased that through hard work and a collaborative approach, we have been able to address some concerns of OSSTF members, and that we have helped restore an important relationship with a valued partner," Sandals said. THE CANADIAN PRESS

Weekend. Cops looking for home-invasion suspects

Police are looking for suspects in two separate home-invasion incidents over the weekend.

Officers were called to the area of Huron and Sanford streets about 12:05 a.m. Sunday after men allegedly entered a home and were confronted by the people who lived there. The suspects left in different vehicles.

A few hours earlier — about 10:55 p.m. Saturday — police went to an apartment near Wellington and South streets after reports that the door was kicked in. The person who lives at the apartment was home at the time, police said. No injuries were reported. METRO

Who to contact

Anyone with information about the incidents is asked to contact London police at (519) 661-5674 or Crime Stoppers at 1-800-222-TIPS.

Collecting coupons for those who need a helping hand

Coupon for Hunger.
Londoners donate $10,000 worth of products without spending a penny

MARK SPOWART
london@metronews.ca

If it works for one, it might just work for many.

That's the premise behind Colleen Lindemann and Tonia Richardson's Coupon for Hunger food drive.

"We started doing this on a personal level because of the TV show, Extreme Couponing, and then we realized, well, we don't need 10 boxes of crackers, why don't we donate them," Richardson said.

The two women work at OLG Slots at the Western Fair District and were quickly able to convince 35 co-workers to collect and donate their coupons on a weekly basis.

"We had an initial goal of $5,000 for the year, we reached that in our first six months," Lindemann said.

Lindemann and Richardson spend up to 30 hours a week cataloguing coupons looking through flyers to match coupons to items that are on sale.

"We wait, watch the flyers and match them up with the flyer prices and get the item for free," Lindemann said.

Collectively, the group was able to average $266 worth of coupons per person — all cashed in for food without money coming out of wallets.

With the success of the first year still fresh in their minds, the pair is taking things to the next level by rolling the program out citywide.

"If we could get one per cent of the city to be involved in this program, based on our numbers we could hit $1 million worth of donated product," Lindemann said.

In other news

Officials at the London Food Bank were weighing donations to their spring food drive Sunday. Not everything was coming up roses.

- A little more than 61,400 pounds had been collected compared to 63,756 pounds at the same time last year.

Josh Chadwick, from the London Food Bank, left, Colleen Lindemann and Tonia Richardson are pictured last week inside the delivery truck that was needed to bring $10,000 worth of food and household items to the food bank. Lindemann and Richardson, along with a host of supporters, got the products for free by being coupon-conscious. MARK SPOWART/FOR METRO

List of top-paid public servants continues to grow

From hospital executives to police officers and firefighters, hundreds of Londoners found their way onto a list of public servants who earned more than $100,000 in 2012.

All told, Ontario's "sunshine list" climbed 88,412 people last year, an 11 per cent increase compared to 2011.

Executives from the province's energy agencies topped the list. Tom Mitchell, president and chief executive officer of Ontario Power Generation, was the highest paid at $1.7 million, down slightly from 2011, followed by Hydro One CEO Laura Formusa at $1.04 million.

The list — which includes doctors, nurses, teachers, police and firefighters in addition to civil servants — has grown 38 per cent since 2009.

However, the government said the average salary in 2012 was $127,566, down $41 from 2011.

Both opposition parties were fuming that the list continues to grow.

"This is a government that wants people in Ontario to believe that they have effectively dealt with salaries in the broader public sector," Progressive Conservative finance critic Peter Shurman said after the list was made public Thursday.

Some top local earners

- **$581,625.** Bonnie Adamson, president and CEO, London Health Sciences Centre
- **$548,605.** Ken Deane, hospital supervisor, LHSC
- **$453,180.** Gillian Kernaghan, president and CEO, St. Joseph's Hospital
- **$479,600.** Amit Chakma, president and vice-chancellor, Western University
- **$482,126.** Michael Strong, dean/professor/medical doctor, Western University

"They haven't and this is the proof that they haven't, and this is the reason why we say we need a legislated mandatory wage freeze."

NDP Leader Andrea Horwath repeated her call to cap the salaries of public sector CEOs at $418,000 — double what the premier makes. The CEO of London Health Sciences Centre made more than $600,000, she noted.

To see the full list, visit www.fin.gov.on.ca. THE CANADIAN PRESS

Commissioners Road

Accident under investigation

A 20-year-old man was taken to hospital with serious injuries after a Friday accident that closed a portion of Commissioners Road, police said. Police were called about 7 a.m. by a driver who came across the accident. An investigation is continuing. METRO

Laughter's Good

Comedian cancels London show

Comedian Rodney Carrington has cancelled his April 11 show at Centennial Hall because of a family commitment that interferes with spring dates on his Laughter's Good tour.

The London show has been rescheduled for Sept. 13. People who can't make the new date are eligible for a refund until April 15.

Call the Centennial Hall box office at 519-672-1967 or visit centennialhall.london.ca for details. METRO

Rodney Carrington CONTRIBUTED

Book-turned-TV-series

Author visiting London Tuesday

Maureen Jennings will read from her latest novel, Beware This Boy, during a Tuesday event at Wolf Performance Hall. The book was the inspiration for the TV series Bomb Girls. A reception and book signing will follow the reading. METRO

Headquarter renos

Unity Project to get boost

Hockey Helps the Homeless and London Life will make a $5,000 donation to the Unity Project this week for renovations to its Dundas Street headquarters, adding to a Trillium Foundation grant to make the building more accessible to clients with disabilities. METRO

Zorba

The Palace is going Greek

Zorba will take the stage April 4-14 at The Palace Theatre. From the creators of Chicago and Fiddler on the Roof, the musical is based on the novel Zorba the Greek by Nikos Kazantzakis. Get details at mtplondon.ca/zorba or by calling 519-432-1029. METRO

The London Lightning's DeAnthony Bowden makes a pass during a March 25 game at Budweiser Gardens against the Moncton Miracles. The Lightning advanced to the National Basketball League of Canada finals with a Saturday win over the Miracles. MARK SPOWART/FOR METRO

Lightning to make bid for championship repeat

London's basketball team has earned a chance to prove that lightning can strike twice.

The Lightning secured a spot in the National Basketball League of Canada championship round with a 104-98 Saturday win over the Moncton Miracles.

London powerhouse DeAnthony Bowden led the team in scoring with 28 points. Adrian Moss and Rodney Buford posted 15 points each.

The victory ended the semifinals — a best-of-five-game series that started March 25 at Budweiser Gardens — with the Lightning on top 3-1. The win came after a Friday night 114-103 loss that saw the Lightning trail Moncton for much of the game.

London will have its title as defending NBL champions on the line when it takes the court Saturday at Budweiser Gardens for the first round of the finals.

The Lightning will face either the Summerside Storm or Windsor Express in the championship series.

The teams are locked in a semifinals series that's tied 2-2 after Windsor won 124-122 Saturday in double overtime.

The deciding game is slated for Tuesday.

ANGELA MULLINS/METRO

In other sports news

The London Knights won Thursday on the road, sweeping the Saginaw Spirit in four games in the opening round of the Ontario Hockey League playoffs.

- London was dominant in every game except for the second, outscoring the Spirit in the series by a wide margin.

Londoner wants people to pound the pavement for Kenya

Quenching Kenya's Thirst run returns.

Teen organizing effort to raise money for drinking-water relief

JOHN MATISZ
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Abbie Lumani METRO

Shock and awe won over Abbie Lumani.

Two summers ago, the 17-year-old Oakridge Secondary School student travelled to Kenya as part of a three-week mission to help build a school in a struggling community.

Lumani knew living conditions in Africa weren't exactly what she was used to in North America. But she got more than she bargained for.

Turns out, she had to walk five kilometres to find a source of clean water. And it wasn't the same sort of "clean" we're used to in Canada, she said.

When she returned to the village for which she was retrieving water, a female leader asker Lumani something that's stuck in her psyche ever since: "How far do your parents have to go to get water?"

Lumani was stunned, and, eventually, inspired to start Quenching Kenya's Thirst (QKT).

Last summer, she organized the inaugural QKT run near Western University. The 165 participants brought in $10,000 with proceeds going to Free the Children, which organized the three-week mission trip Lumani participated in.

Now, Lumani is planning another race. This year's goal is 200 runners and $15,000. Free the Children will use the money for its water-filtration projects, which aim to increase the availability of potable water.

"I needed inspiration for my life," Lumani said, explaining why she went to Kenya in the first place. "I didn't know what I was doing, and I needed perspective."

Aside from prompting her to start Quenching Kenya's Thirst, the trip helped her decide on studying international development at Dalhousie University.

"Going into high school I was so frustrated (because) I had to do 40 community hours," she said. "Now I've done about 800."

Follow John Matisz on Twitter @Metro_JMatisz

To get involved

The second annual Quenching Kenya's Thirst run starts at 8:15 a.m. on July 7 in Gibbons Park.

- The 5K and 10K races will raise money for Free The Children.
- Register at QuenchingKenyasThirst.com.

First World War

Presentation to centre on Vimy Ridge carvings

The founder of the Canadian Historical Documentation and Imaging Group (CANADIGM) will make a presentation April 7 at Eldon House about carvings made in cave walls by Canadian soldiers prior to the Battle of Vimy Ridge.

The carvings were made as soldiers hid from the enemy in France.

The presentation is planned for 2 p.m. in the interpretive centre (481 Ridout St.). Register at vimytunnels.eventbrite.ca or call 519-661-5169. METRO

Two homes searched.

Police make arrests in child-pornography cases

Two men are facing child-pornography charges after investigations by the London police cyber-crime unit.

Police searched a Riverside Drive home March 21 and, as a result of evidence found, John Porter, 57, of London, was arrested Thursday. The search warrant was obtained after police received information from the National Child Exploitation Co-ordination Centre that Porter had accessed pornography from a "compromised" web site, police said.

Daniel Vance, 43, of London, was charged after police served a Tuesday search warrant at a King Street home. METRO

The charges

John Porter, 57
- Accessing child pornography (two counts)

Daniel Vance, 43
- Possession of child pornography (two counts)
- Accessing child pornography (two counts)
- Making child pornography available (two counts)

Environmentalism.
Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and management of wildlife.

Canadian negotiators proposed high standards, based on legislation that has been in place since 1970.

"The Canadian and Antarctic experience demonstrates that a zero discharge standard is practicable," says the Canadian proposal.

THE CANADIAN PRESS

Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Canuck warship makes huge heroin bust at sea

500 kgs. HMCS Toronto part of naval task force patrolling Indian Ocean

HMCS Toronto seized some 500 kilograms of heroin from a boat in the Indian Ocean last week, according to the Department of National Defence.

The drugs were found on Friday after a naval boarding party searched the vessel as part of a security operation.

HMCS Toronto's commanding officer said it is one of the largest heroin seizures in a maritime environment.

Cmdr. David Patchell said the bust doesn't just keep drugs off the street, but also hurts the finances of terrorist organizations.

HMCS Toronto is part of an international naval task force patrolling the Arabian Sea and Indian Ocean.

THE CANADIAN PRESS

The warship HMCS Toronto. HANDOUT/CPL. MALCOLM BYERS, HMCS TORONTO, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

Victim in mall shooting raided home as a minor

The victim in Toronto's latest homicide was involved in a violent home invasion in Windsor in 2005.

Michael Nguyen, 23, was shot and killed outside a Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to them and released a photo of him on Sunday. Windsor lawyer Frank Miller recognized him as a former client, whom he represented in relation to a home invasion.

One of Nguyen's co-defendants was Qoheleth Chong. A man by the same name was shot and killed in Toronto last November. As of press time, Metro could not confirm they are the same person.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years. He served only about two-and-a-half years in custody because of a sentencing credit.

Miller said there was evidence Nguyen was part of a gang called the Asian Assassins.

"There was a couple ... living in an older, not-very-wealthy part of Windsor," Miller recalled. "They came to the door … and there was a pizza delivery man there.... He said they hadn't ordered in and when he turned back there was a guy with a shotgun."

Near the crime scene. Inset: Michael Nguyen. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Three minors, including Nguyen, and one adult entered the home armed and bound the woman and the man who lived there with zip ties, Miller said.

"Before they found the woman and put her in zip ties, she called 911," he said.

The man had $20,000 in the home in small bills, which he later said had come from gambling, Miller said.

Police arrested the four assailants, recovered four guns they had hidden under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

Miller believes the man may have been targeted.

"It seemed odd that there were four assailants and five guns and it seemed odd to me that the gun would be suspended by a piece of wire under a toilet tank when the other guns were hidden under the bed," Miller said. "It seemed odd when you added the $20,000 in cash."

JESSICA SMITH/METRO IN TORONTO

Albuquerque, N.M.

Roadrunner supercomputer is decommissioned

It's the end of the line for Roadrunner, a first-of-its-kind collection of processors that once reigned as the world's fastest supercomputer. The supercomputer, housed at one of the premier U.S. nuclear weapons research laboratories in northern New Mexico, was decommissioned Sunday. Roadrunner has been replaced with something smaller, faster, cheaper and more energy efficient. THE ASSOCIATED PRESS

An IBM engineer inspects Roadrunner, once the world's fastest supercomputer. IBM VIA FPS/THE ASSOCIATED PRESS

Tech rumours

Is 'Facebook phone' about to be unveiled?

Facebook has invited journalists to the unveiling of what it calls its "new home on Android."

Next Thursday's event will take place at the company's Menlo Park, Calif., headquarters, but Facebook isn't providing further details. There has been speculation about a "Facebook phone" for a few years. Facebook has long said it would not make its own phone. Rather, such a phone would likely integrate Facebook deeper into the phone's software.

The blog TechCrunch says Facebook will launch a modified version of Android that embeds Facebook deeply into the operating system, on a phone made by HTC Corp.

A deeper integration would help Facebook with its mobile aspirations. THE ASSOCIATED PRESS

Easter

Google's Chavez Doodle angers Christians

Google's decision to honour the birthday of U.S. labour organizer Cesar Chavez angered some American Christians on Sunday, who fumed that it was disrespectful to celebrate Chavez with a so-called Google Doodle on Easter Sunday. THE ASSOCIATED PRESS

Rabat, Morocco

Unions protest economic reforms

Thousands of members of two of Morocco's largest labour unions marched through the capital on Sunday to protest the Islamist-led government's planned economic and labour reforms and its failure to stem unemployment and inflation. The event was described as a "national march of protest." THE ASSOCIATED PRESS

Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark.
Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark., after its Pegasus pipeline ruptured Friday afternoon.

The pipeline carries Canadian heavy crude oil from Patoka, Ill. to refineries on the Texas Gulf coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels, and that some 4,500 barrels of oil and water had been recovered.

The company said the 20-inch inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordinated with the Department of Emergency Management and other local authorities, and that the cause of the spill was being investigated.

Last week, federal regulators proposed that Exxon Mobil pay $1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive, months-long cleanup.

The latest spill comes at time when proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making. THE CANADIAN PRESS

Google employees shoot pool in a break room at the Google campus in Mountain View, Calif., on March 15. Silicon Valley companies are planning a flurry of massive new perk-laden headquarters. JEFF CHIU/THE ASSOCIATED PRESS

Valley ups workplace perks

Apple's planned ring-shaped, gleaming "Spaceship Headquarters" in Cupertino, Calif., will include a world class auditorium and an orchard for engineers to wander.

Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus including a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more exciting new campus.

More than ever before, Silicon Valley firms want their workers at work. Yahoo CEO Marissa Mayer has gone so far as to ban working from home, and many more offer prodigious incentives for coming in to the office, such as free meals, massages and gyms.

This spring, as the tech industry is soaring out of the Great Recession, plans are in the works for a flurry of massive, perk-laden headquarters.

"We're seeing the mature technology companies trying to energize their work environments, getting rid of cube farms and investing in facilities to compete for talent," said Kevin Schaeffer, a principal at architecture and design firm Gensler in San Jose, Calif. "That's caused a huge transition in the way offices are laid out."

New Silicon Valley headquarters or expansions are under way at most of the area's major firms, including eBay, Intel, LinkedIn, Microsoft, Netflix, Nvidia and Oracle. Many will be huge: Apple Corp.'s 176-acre campus will be one of the world's largest workplaces. THE ASSOCIATED PRESS

Publishing. Free press returns to Myanmar

For most people in Myanmar, it will be a novelty when privately-run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy.

He's old enough to recall there once had been a big and vibrant daily press in the Burmese, English, Indian and Chinese languages in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948.

While he acknowledges there are innumerable challenges ahead, he said he is ready to face them "in the name of freedom of press." THE ASSOCIATED PRESS

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MOM'S THE WORD IN BUSINESS

URBAN COMPASS
Todd Devlin
london@metronews.ca

Katie McGregor felt she needed that extra push.

The 29-year-old mother had been working as an Avon representative for nearly a year when she found herself in a bit of a funk, questioning her decision to leave an office job to pursue the entrepreneurial lifestyle.

She knew, however, that it was important for her to be at home with her young daughter before she started school. Before joining Avon, McGregor spent two years as a single mom working a hectic full-time job and felt she wasn't able to provide everything her daughter needed.

The answer to the dilemma? McGregor says it was London Mompreneurs.

In her search for help, the Londoner came across the new networking group that brings together women who are performing the dual task of raising a family and running a business or working as an entrepreneur. McGregor says the encouragement she's received from fellow members is exactly the boost she was looking for.

"The support system is amazing," she said. "They don't let you fail. There are groups set up (online) where you can post a question and other Mompreneurs will jump online and help as best they can. It's a very close group of ladies."

It's not a small group either.

Despite launching only six months ago, London Mompreneurs already has more than 400 members. There are moms working in direct sales, moms who are marketing reps and moms who own their own businesses — big and small.

The group has weekly events, hosts seminars and organizes networking lunches.

"They pull us together, let us get to know each other and build our businesses," said McGregor, who has launched her own company, Shop Local, since joining London Mompreneurs. "It's great to see everybody working together and to know that you're not alone."

Mompreneurs founder Sara Clarke, a Londoner, couldn't be more thrilled with the group's success.

An entrepreneur herself, Clarke has run Martin Clarke and Associates, a bookkeeping and consulting firm, along with her husband, Roger, for the last 13 years. She learned about the "mompreneurial" brand on Twitter, and, in a conversation with Markham Mompreneurs, was told London didn't have a similar group.

"Six weeks later, I was signing the London papers," Clarke said.

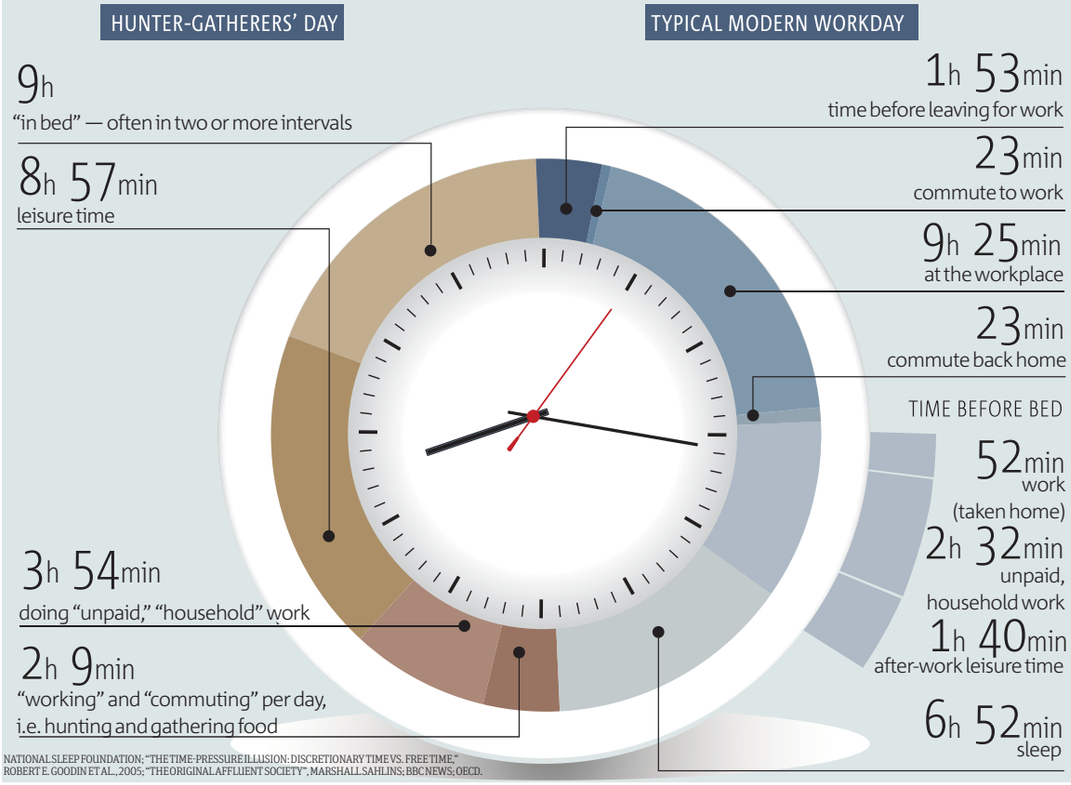
London Mompreneurs will have its first Family Lifestyle Show from 10 a.m. to 4 p.m. on April 14 at the Best Western Lamplighter Inn (591 Wellington Rd.). The event will bring together more than 90 local vendors showcasing their businesses. It's free for families to attend, and there will be plenty of non-shopping activities to occupy kids and dads alike.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Where did all of our time go?

If you feel time-poor and complain that there's not enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour day movement has failed miserably: the Industrial Revolution robbed us of normal sleep patterns, the Digital Revolution made us work at home. The average working-age person already has only one hour 40 minutes leisure time per day, 5.37 times less than our hunter-gatherer ancestors.



NATIONAL SLEEP FOUNDATION; "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME." ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY", MARSHALL SAHLINS; BBC NEWS; OECD.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The golden age of radio dramas is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form. Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind.

The Truth:

Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In Good Hands, the story of a secret world below an abandoned subway station, is genuinely chilling.

Chatterbox Audio Theater:

A nice mix of classics like Oedipus, re-creations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:

An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.

Letters

RE: Sadistic, tyrannical, unstable ... psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell, published March 26

I was absolutely disgusted by what Dr. Penn stated: only top quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem. Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?

Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Promo

A poster says 1,000 words

Being that Mad Men is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, Mad Men turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.

The Internet can make a man go mad

Online angst.
Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism

NED EHRBAR
Metro World News in Hollywood

A word of caution to angry Internet commenters and recappers: Mad Men creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on The Sopranos, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it.

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper. You pick the bad one. I will keep looking until I find something bad. I don't even know how it works."

For an example, he offers an episode from last season, Signal 30, that garnered some reactions he didn't appreciate.

"It was Vincent (Kartheiser's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal.

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

What's in store for Jon Hamm in the next season of Mad Men? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

Pushing Peggy for some answers

NED EHRBAR
Metro World News in Hollywood

When Elisabeth Moss found out last year that her Mad Men character, Peggy Olson, would be leaving her job at Sterling Cooper Draper Pryce, she had just one question. "He called me before the Episode 11 script came out, and he told me the whole thing," she recalls. "He called me and said all this stuff's going to happen and you're going to leave. I literally was like, 'That sounds amazing: Am I still on the show?' He was actually a little bit offended and he was like, 'Of course! Yes!' I was like, 'Well, it's a logical question.'"

Moss is still very much a part of Mad Men going into the new season, even if she's off to a new agency — though she admits she was a bit worried about how much screen time she'd have now that she's not an employee of Sterling Cooper Draper Pryce. "I was, actually, at first, to be honest. I totally was," she says. But now? "The only thing I can say is I'm very happy with where it's gone, I'm very happy with what's happened. I was actually pleasantly surprised by how much I had to do in this season. I was kind of expecting not to be in it so much, because I thought well, I'm at a different agency. And I'm pleasantly surprised."

While doing press for the new season of the hit series, Moss even acknowledged her own presence in interviews didn't necessarily mean Peggy would be seen much in season six. "Maybe this is a huge trick. This is a big red herring," she jokes.

"They're like, 'You have to come do press.' I'm like, 'I'm not on the show anymore!' No. I am on the show," she says.

Elisabeth Moss. HANDOUT

Pop goes the week

Don't say hello to Eva Mendes' dog

STARGAZING
Malene Arpe
scene@metronews.ca

Eva Mendes

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConnaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew continues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging $500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

london transit

You're Invited to LTC's Drop-in Sessions

The London Transit Commission will be holding Drop-In Sessions to offer the public an opportunity to visit information stations and discuss, with Administration and Commissioners, a variety of transit topics including the following:

- LTC's Accessibility Plan
- 2013 Service Plans - Conventional and Specialized Services
- Transportation Master Plan 2030
- Bus Rapid Transit Strategy
- Smart Card Technology/Fare Programs
- 2012 Annual Report

Date:	Thursday, April 4, 2013
Location:	Central Library (Stevenson & Hunt A room)
Afternoon session:	2:00 to 4:00 pm
Evening session:	6:00 to 8:00 pm

We are happy to accommodate any special needs - please advise us by March 28, 2013 of your requirements by calling Caroline Roy at 519-451-1340, extension 335.

Further information on transit service can be found on LTC's website at www.ltconline.ca.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Twitter

@KChenoweth
How can one weigh 88 lbs and still have a muffin top?

@ParisHilton
Just finished judging Miss Ukraine, had a great time. Now to the after party to celebrate my friend Alexander Onyschenko's birthday!

@MissKellyO
Whenever Im bored I brake out my binoculars & lurk at people from my balcony just saw a man pick his nose & eat it.

@bobsaget
Every day that I begin with eggs goes really well.

Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."

Jeremy Renner

Renner, ex new parents to baby girl

Avengers star Jeremy Renner and an ex-girlfriend welcomed the birth of daughter Ava Berlin Renner, according to Us Weekly. "They are beyond thrilled," a rep for Renner says in a statement. "Mother and daughter are doing great." Though the parents are no longer together, Renner had made a point of putting the mother-to-be up in his Los Angeles home as she awaited the birth. "They used to date but it wasn't serious," a source says, adding that Renner was "being ultra-secretive about it, but she has been going on about her life and not hiding it."

Long waits

Start a story, kill some time

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning

App turns kids into artists

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapezoids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.
When the kids were younger, I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

2) Stop telling yourself you are tired.
Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.
I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.
I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.
Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.
Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.
For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs

Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up
Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have broken a sweat and feel warm and slightly breathless.

Strength
Walk or jog one to two blocks (or about one minute) between each of the following exercises.

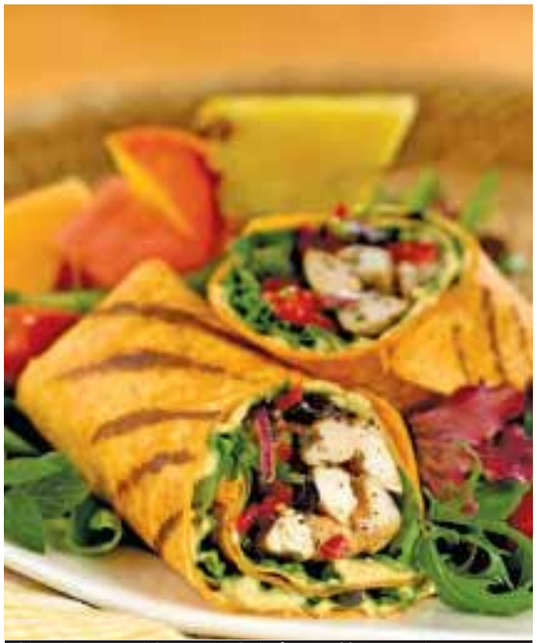
Walking stroller lunge and pulse.
With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick
With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points
Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

Spring into the warmer weather with an energizing spinach wrap



This recipe serves eight — 256 calories/10.5 g of fat per serving.
BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken and hummus combo is a winner. Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even ½-inch thickness between two sheets of waxed paper. Spray a non-stick grill pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.

3. Spread the hummus over the tortillas. Place the vegetable mixture over the hummus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

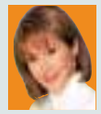
ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Of course fries are deep-fried, which equals calories and fat. Next time, reach for another option instead.

New York Fries Classic Fries (regular)

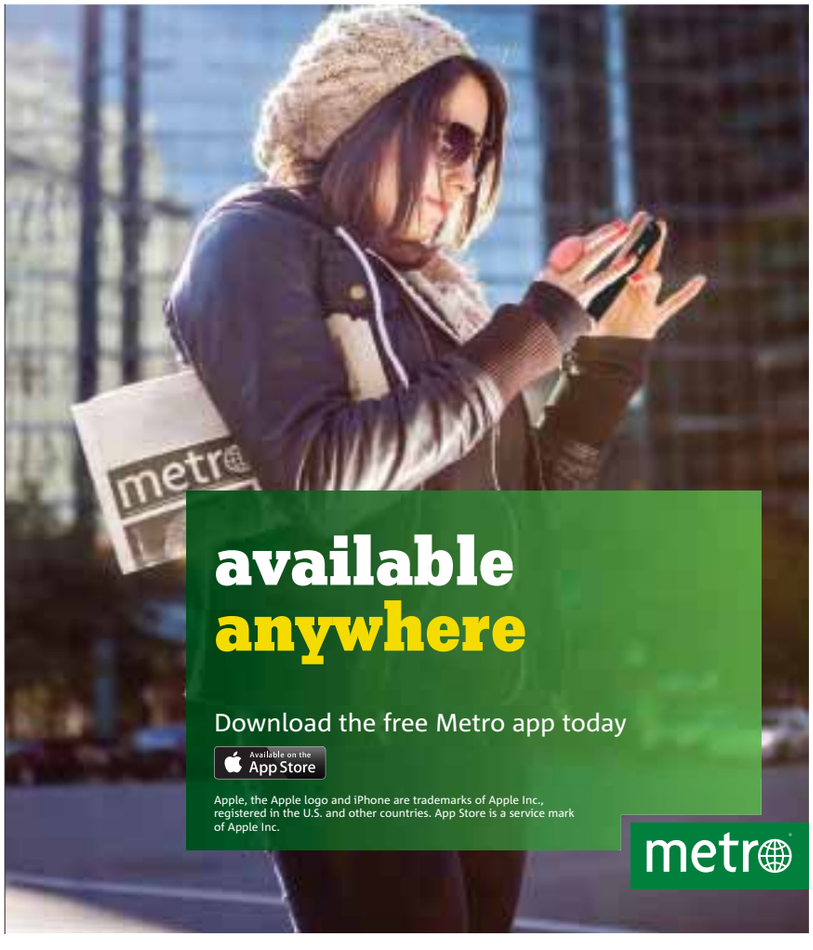
580 calories / 27 g fat
Even though these fries are cooked in trans-fat free, non-hydrogenated sunflower oil, there are very few nutrients in this meal or snack. This represents one third of your daily calories and fat. Not worth it!

Equivalent

The regular fries are equal in fat to five Wendy's baked potatoes with sour cream.

New York Fries Hot Dog with cheese sauce

435 calories / 21.3 g fat
I don't often recommend hot dogs, but there are not a lot of choices at New York Fries. Even with the cheese sauce, it's a marginally better choice than fries.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metro

A burrito for every taste

A staple in our house, these burritos are usually made on the weekend and then wrapped up individually and stashed into the freezer for busy weeknights. Not only are they fast and easy to make, they are fairly economical, healthy and filling for hungry teens.

1. In a large frying pan, sauté the onion in a little olive oil until softened, about 5 minutes. Add the jalapeno (if using) and sweet pepper, sautéing and stirring until softened as well. Push to the side of the pan, add a little bit more oil and then the ground beef. Continue to cook and stir until it's cooked through and no longer pink. Sprinkle with salt and pepper to taste, then chili powder, cumin and oregano. Cook a little longer so the spices really add flavour to the meat, then stir in the salsa. Set the meat mixture aside to cool.

2. Place the garlic clove, cilantro stalks, kidney beans, chili powder, cumin, salt, olive oil, zest from 1/2 lime, and juice from 1/2 lime in a food processor. Add about 2 tbsp of water and process until smooth. You can always add a little more water if you need to in order to moisten it or make it smooth enough to spread.

3. Lay the tortillas out on the counter in front of you. Divide the bean mixture evenly among the tortillas, placing a dollop in the centre of each. Divide the meat between the tortillas as well, mounding it on top of the bean paste.

4. Sprinkle Cheddar cheese on top of the bean mixture and meat. To roll up, take the tortilla and fold in the sides. Taking the end closest to you, fold it up and over the filling, and tucking in the sides, roll the tortilla away from you. Place seam side down on a square of cling wrap. Roll up in the cling wrap tightly then fold over the ends. Place the rolled tortillas in a large freezer bag in a single layer and seal.

If you plan to eat the burritos immediately, instead of rolling them in cling wrap, place them seam side down in a greased baking dish. Bake for about 15 minutes in a 350 F oven until heated through. If you are heating them frozen, defrost in a microwave and then heat in a 350 F oven for about 15 or 20 minutes until the tortilla is hot and crusty and the filling is hot.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Recipe serves 8. KAREN HUMPHREY

Ingredients

- 1 small onion, finely chopped
- 1/2 jalapeno pepper, seeded and finely chopped
- 1 sweet red pepper, chopped
- 1 lb ground beef
- salt and pepper, to taste
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp oregano
- 3 tbsp salsa, or a bit more to moisten
- 1 clove garlic, peeled and cut in half
- 1/4 cup coarsely chopped cilantro stalks
- 1 19 oz can kidney beans, drained and rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1/4 tsp salt
- 1 tbsp olive oil
- 1 lime
- 2 tbsp water
- 8 10-inch flour tortillas
- Cheddar cheese

So what's it like to work there?

Questions of culture.
Find a workplace that suits your personality and your passions

YLVA
VAN BUUREN
CareerBear.com

Who rises to the top? Is it the person who delivers or the person who behaves a certain way? It's in your best interest to find out. ISTOCK

Corporate culture can be pretty far down on your priority list when you're in the midst of a job search, but don't underestimate its importance to your long-term satisfaction at a job, says Stefan Danis, CEO of Mandrake and NEXCareer.

Corporate culture refers to values, attitudes and behaviour of employees encouraged and supported by the organization.

The following questions can help determine the culture of an organization — and whether it is a good fit for your personality and work style. How you get the answers may take some detective work. Google the company, talk to employees you know who work there, if you have an on-site interview, arrive a little early and chat with the receptionist, and ask probing questions, at the appropriate time, during job interviews.

What stage is the firm at?
If it's a start-up, the culture is going to be fast-paced and probably entrepreneurial, which is a perfect fit if you're a high-energy sort, says Danis. If the company is in the midst of a turnaround, you're doing something on the clock. If the firm is sustaining success, the culture may be far more measured.

What does the workspace look like?
When you walk through the office for an interview, for example, notice how people work. If they all have their own offices, the organization is likely hierarchal. If there is an open concept with employees working and overlapping physically, the culture is likely more collaborative. How are people dressed? Do they seem friendly and happy… or closed and self-important.

Is a team atmosphere encouraged?
Talk to employees you know at the company or check out bulletin boards, etc., to see if there are employee "events" such as "huddles" every morning or rallying lunches. Do company meetings occur off-site at weekend retreats? Is there regular correspondence to employees?

How is performance measured?
Is there a formal annual process for reviewing progress? Is it more of a casual "just in time" feedback, or is performance management seen as a tedious process? "Some companies base merit increases on 'hard' accomplishments such as sales units while others measure 'softer' behaviours such as leadership skills and even reward them through a 360 feedback loop, where colleagues and stakeholders share their point of view on your style and how you go about your work." Danis says the latter would suggest an environment where a firm is actively encouraging a team agenda as opposed to highlighting individual talent.

The good and the bad

What are people really saying?

If you're comfortable with the interviewer, ask more probing questions about what part of the work culture is not working so well. For example, the company is trying to hire more gen Xers and at the core, it has a traditional, inflexible work culture. Or, is it a high pressure workforce?

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Pittsburgh Penguins centre Sidney Crosby is helped by winger Pascal Dupuis after being hit in the face with a puck during the first period of their game against the New York Islanders in Pittsburgh, Saturday. Crosby did not return to the game. The Penguins won 2-0. GENE J. PUSKAR/THE ASSOCIATED PRESS

Crosby finds himself back on injured list

Out indefinitely. Sid's broken jaw overshadows Iginla debut and Penguins' win streak

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week. Crosby, the NHL's leading scorer, was struck in the face during the first period of the Penguins' 2-0 win. Slow-motion replays showed multiple teeth flying out of his mouth after the puck struck him during his first shift. The team said Crosby had "major dental work" and will have more done later in the week.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday.

Crosby has 56 points (15 goals, 41 assists) and holds a 10-point lead in the scoring race. He has not missed a game yet this season after being limited to 22 regular-season games over the prior two calendar years because of concussion-like symptoms and neck issues after absorbing big hits in consecutive games Jan. 1 and Jan. 5, 2011.

Midway through his comeback season, Crosby said he was feeling so good he "doesn't even think about" the risk of concussion or head or neck injury anymore after two years in which it dominated his life.

After Saturday's game, coach Dan Bylsma did not rule out the possibility Crosby would undergo evaluation for a concussion. There is no indication, however, that Crosby sustained a concussion and the Pittsburgh Tribune-Review, citing unidentified sources, reported Crosby is free of concussion symptoms.

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Iggy's take

The accident overshadowed not only the Pittsburgh's 15th consecutive victory — only one winning streak in NHL history has been longer — but also the Penguins debut of Jarome Iginla. Acquired via a trade with the Calgary Flames early Thursday morning, Iginla said players on the Penguins' bench were talking and asking about the condition of their captain during the game. "Very unfortunate play," Iginla said. "Seeing on the replay, he didn't see it coming at all."

NCAA

Wolverines off to the Final Four

Canadian guard Nik Stauskas scored 22 points, including six three-pointers, and Michigan is going to the Final Four for the first time since the Fab Five era after a 79-59 rout of Florida in the South Regional final Sunday.

Nik Stauskas
GETTY IMAGES

Stauskas, a freshman from Mississauga, Ont., hit all six of his three-point attempts, including consecutive makes from the left corner for to give Michigan a 41-17 lead.

The Wolverines, with a steady rotation of six freshen and a sophomore, are headed to Atlanta to play Syracuse (30-9) in a national semifinal game Saturday.

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Golf

D.A. Points wins the rain-delayed Houston Open

D.A. Points came back from a long rain delay and made four pars, the last one giving him a one-shot victory in the Houston Open and sending him to the Masters.

Points closed with a 6-under 66 on Sunday, saving par on the last two holes at Redstone Golf Club to outlast Masters-bound Henrik Stenson and Billy Horschel. The final round was halted for nearly three hours because of storms that soaked the golf course.

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Blackhawks forward Jeremy Morin scores on Red Wings goalie Jimmy Howard in the first period on Sunday in Detroit. DUANE BURLESON/THE ASSOCIATED PRESS

'Hawks rout Red Wings

In less than two minutes, the Chicago Blackhawks did all the damage they needed to do. And then they just kept scoring.

The Blackhawks scored three goals during a span of 1:39 early in the first period and Brandon Saad and Dave Bolland finished with two goals apiece in the Chicago Blackhawks' 7-1 win over the Detroit Red Wings on Sunday.

"Especially these early games, it's nice to get off to a good start," Saad said. "We got a couple of bounces and got a couple of goals and it was nice to play with the lead."

Jonathan Toews added a goal and two assists and Jeremy Morin and Nick Leddy also scored for Chicago. Cory Crawford made 33 saves.

"Contributions from everybody. It certainly helps when you get a quick start like that right off the bat," Blackhawks coach Joel Quenneville said.

Cory Emmerton scored Detroit's goal. Jimmy Howard was pulled in favour of Jonas Gustavsson early in the second period.

Chicago led 3-0 at the end of the first period after scoring on its first three shots in a 1:39 span in the game's first four-and-a-half minutes.

"We didn't play hockey tonight whatsoever. It's tough when you spot them a few goals right away from the start," Red Wings defenceman Niklas Kronwall said. "You dig a big hole for yourselves and we couldn't find a way to get back. It was embarrassing at times."

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Horoscopes

♈ Aries
March 21 - April 20
Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

♉ Taurus
April 21 - May 21
Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

♊ Gemini
May 22 - June 21
Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

♋ Cancer
June 22 - July 23
Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

♌ Leo
July 24 - Aug. 23
Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

♍ Virgo
Aug. 24 - Sept. 23
You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

♎ Libra
Sept. 24 - Oct. 23
The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

♏ Scorpio
Oct. 24 - Nov. 22
You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

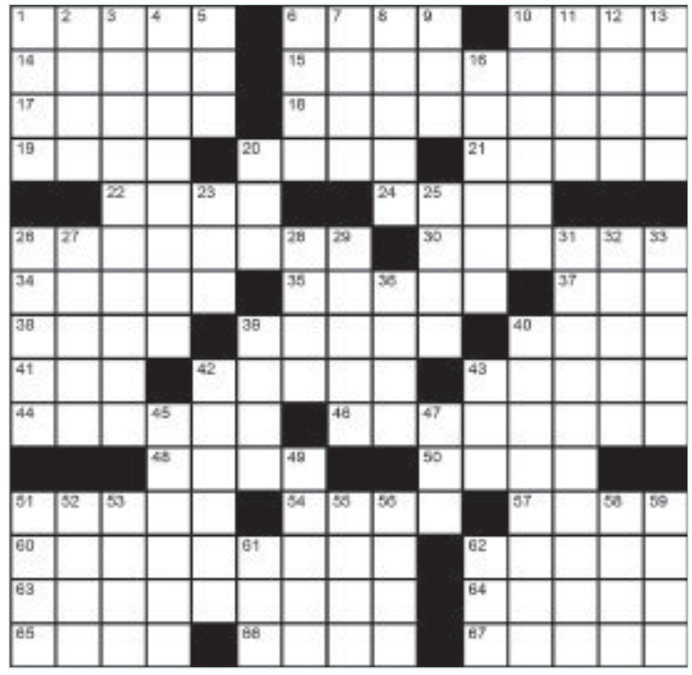
♒ Aquarius
Jan. 21 - Feb. 19
Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

♓ Pisces
Feb. 20 - March 20
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

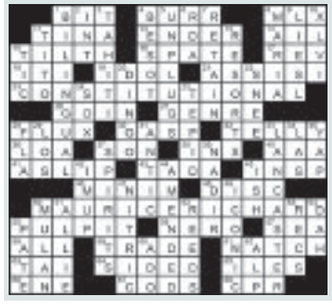
BY KELLY ANN BUCHANAN



Across
1. Truth __
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What __ wrong?"
20. Early Beatles hit: "Love __ __"
21. Scenic view
22. Burkina __ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. __ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison
57. Dismounted
60. Photos-driven website
62. Domicile
63. __ Royal, Nova Scotia
64. 'Nost' add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books author Stephenie

Down
1. Pack away
2. Earth: German
3. British Columbia's Great Bear __
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up
7. Snake, for one
8. Racecar sound
9. '_' __ for Edmonton
10. Janet Jackson's "Let's Wait __"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. __ _ (Stigma for Hester Prynne in 1850 Nathaniel Hawthorne book The Scarlet Letter)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Adj' add-on (End until later)
26. Single-named rock guitarist
27. PQ = __ Quebecois
28. __ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The __ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it __ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss _ __." - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3				5			8	4
6			3	8				
5	8	1						
			2			9		8
	6						2	
1		8			7			
						8	9	5
				6	9			7
2	7			4				3

Friday's Sudoku

1	8	6	5	2	3	7	9	4
3	5	4	9	7	6	1	8	2
9	2	7	1	4	8	6	5	3
5	4	2	8	6	7	9	3	1
8	3	1	2	9	5	4	7	6
7	6	9	3	1	4	5	2	8
2	7	3	4	5	1	8	6	9
6	1	8	7	3	9	2	4	5
4	9	5	6	8	2	3	1	7

Inspiring Possibilities

Our Mission

Community Living London is a registered charity dedicated to supporting people with intellectual disabilities and their families to live fulfilled lives.

Our Vision

Valued People. Inclusive Community

About Us

As one of London's biggest and oldest non-profit organizations, Community Living London is dedicated to advocating for and developing services that will enable people with intellectual disabilities to become fully participating and contributing members of our community.

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Thank You London for helping us to *Inspire Possibilities* for over 61 years'

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